Articles retrieved from electronic sources (ex. PUBMED, AJCN, BJN etc..) and references (4336)

Articles that included baseline diet and/or supplementation amount and phospholipid data (293)

Review of papers by two reviewers for relevance and inclusion (293)

Articles accepted (36)

Articles not accepted due to insufficient or missing data; or otherwise not suitable for our research objective (4043)

Articles not accepted by both reviewers because of design flaws, lack of sufficient data for analysis/baseline data not sufficiently reported, data for target tissues not presented, insufficient data describing n-6 supplementation, supplementation of long chain n-3 PUFA/fish/fish oils, or based on inclusion/exclusion criteria (249)